

Linda Clair
Five-day Meditation Retreat
Kallara Conference Centre, Australia – June 2019
Transcription from Audio Recordings

File 6a – Thursday morning guided meditation

Linda: So take a few deep breaths into the belly and feel your body, be aware of your body. Whatever sensations you can use to be aware of your body, use them. It doesn't matter how it feels. So make sure your back is quite straight but without being rigid and tight, just straight, flexible.

And take your attention to the top of your head. And can you feel a sensation on the top of your head? Doesn't matter what it is. Can you feel it? Just use that sensation to be in your body? That's what sensations are for – to make you more aware of your body. Feel the sensation of your eyelids on your eyes. Keep breathing into the belly, grounding yourself in your body. Feel the breath going through the nostrils. So simple. What else do you need at this moment? Everything you need is in you; everything you want is in you. It's not somewhere else. It's not going to be better somewhere else at another time. This is it right now, not tomorrow, not yesterday. So stop fantasizing about how great the past was.

Feel your lips, your tongue touching your palate, your jaw, your chin. Keep breathing into the belly. Feel your shoulders, go to your left shoulder and go down your arm to your left elbow and feel your elbow – inside your elbow if possible. Then go down to your left hand and feel your hand, and feel your thumb, your first finger, second finger, third finger, fourth finger. Feel your whole left arm. Then take your attention to your right shoulder, feel your shoulder, just feel it, and go down your arm to your right elbow. Then go down to your right hand and feel your hand, and feel your thumb and each finger. Feel your whole right arm.

Breathe deeply into the belly. Take your attention to your chest and as you breathe in and out through the nose feel the gentle movement of your chest with the breath, gentle rising and falling. So then we go down to the abdomen. And this is the place where so much happens, so much fear, anxiety, pleasure. Sometimes it feels too confronting to actually go down there. You have to really be firm about your intention. So feel your abdomen rising and falling as your body is breathing.

Feel your thighs, your left knee and your right knee, your left foot and your right foot. Feel your spine from the top of the spine down the back to the bottom of the spine. Feel your whole body. You're here now and you've been here now for the last five days. Wherever you are you're here now. So each time your mind comes in and you get tempted to drift away turn around, when you can, and bring your attention back to your body, primarily the rise and the fall of your abdomen with the breath. Use your breath to stabilize you, anchor you, not to avoid anything. Just to remind you, "I'm here in my body, nowhere else right now. I don't need to be anywhere else right now, and in truth I don't want to be anywhere else but here." So it doesn't matter how many times you do this during a sit.

So sit and watch. Be in your body.